



7

STEPS TO A HEALTHIER HEART



Control your cholesterol

Strive for a total cholesterol less than 200 mg/dl



Aim for a healthy weight

Target a body mass index (BMI) of less than 25



Healthy food choices

Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.



Live smoke free.

Quitting smoking will reduce your risk of sudden cardiac death



Control your blood pressure.

Keep your numbers below 120/80 mm Hg



Dental hygiene

Brushing your teeth twice a day for at least two minutes may lower the risk of heart diseases



Move more

Aim for 150 minutes of exercise a week.

50 Ways To A Healthy Heart

Yijin Wang



50 Ways To A Healthy Heart:

Adopting the Song of Appearance: An Psychological Symphony within **50 Ways To A Healthy Heart**

In some sort of taken by screens and the ceaseless chatter of immediate communication, the melodic splendor and psychological symphony produced by the published term often fade in to the backdrop, eclipsed by the relentless noise and disruptions that permeate our lives. Nevertheless, set within the pages of **50 Ways To A Healthy Heart** a wonderful fictional treasure full of organic emotions, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, that fascinating masterpiece conducts viewers on a psychological journey, skillfully unraveling the concealed melodies and profound impact resonating within each carefully crafted phrase. Within the depths of the moving assessment, we can investigate the book is main harmonies, analyze their enthralling writing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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